

How can I protect my baby if I am a carrier?

- Be careful not to let your blood come in contact with your baby.
- Wash your hands well after touching your blood, bloody body fluids, or vaginal fluids.
- Cover cuts and open wounds (on yourself or your baby) with a bandage, so no drainage comes in contact with your baby.
- Clean up any blood spills. Disinfect with a bleach solution (one part household bleach to 10 parts water).
- Do not chew your baby's food.
- Do not share your baby's toothbrush or other personal hygiene articles.
- You may safely breast-feed your baby if he or she is receiving the hepatitis B vaccine, but stop if you develop cracked nipples or open sores on your breast.

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HEPATITIS B

How to Protect Your Baby



***You may be a hepatitis B carrier and not know it!
But you can take steps now so your baby will
not become infected. Don't take the risk that
your baby will suffer needlessly from incurable
liver disease in later life!***

What is Hepatitis B?

Hepatitis B is a serious liver infection. It is caused by the hepatitis B virus and spread by infected mothers to their newborns during childbirth.

What are the symptoms of Hepatitis B?

Some of the symptoms are loss of appetite, tiredness, nausea, jaundice (yellow skin and eyes) or dark urine. However, some people infected with hepatitis B may have no symptoms and may not feel or look sick. Some people recover after a few months and develop protection against being infected again. Others become carriers and carry the virus in their bodies for years or for life.

What may happen if my baby is infected?

Most infected babies won't show signs of illness, but will become hepatitis B carriers. Carriers may develop serious liver disease such as cirrhosis and cancer in their early adult lives.

Can I pass Hepatitis B to my baby even if I don't feel sick?

YES. An infected pregnant woman can pass this disease to her baby. This usually happens during the birth process. Close contact with the mother following the birth also exposes the baby to the virus which is present in the mother's body fluids.

How can I protect my baby?

Get a blood test from your doctor. If you are infected with hepatitis B, your baby will be started on a series of hepatitis B shots. Your baby will receive Hepatitis B Immune Globulin (HBIG) and the hepatitis B vaccine at birth, then will need hepatitis B vaccine two more times before 6 months of age. If any of these shots are missed, your child will not have enough protection. It is extremely important to make sure your baby gets all of these shots on time.

How can I protect the rest of my family?

Follow the guidelines on the back page. Also, other members of your household should see their doctor for hepatitis B screening and vaccination.



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